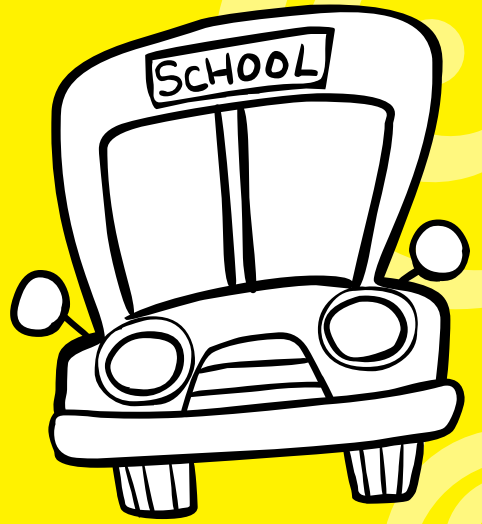


# ACTIVITY BOOK



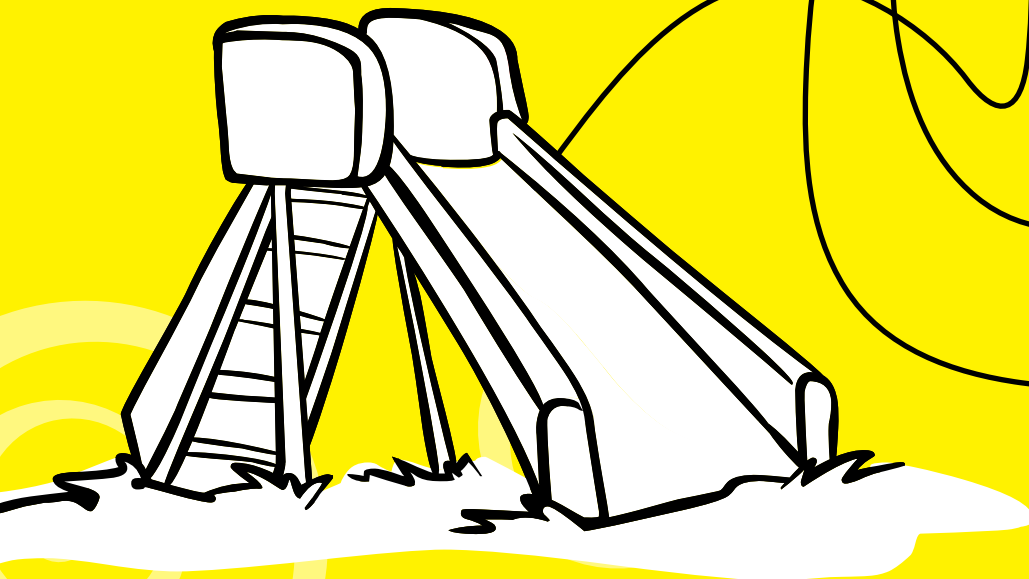
**Which line will take the bus to the park?**



1.

2.

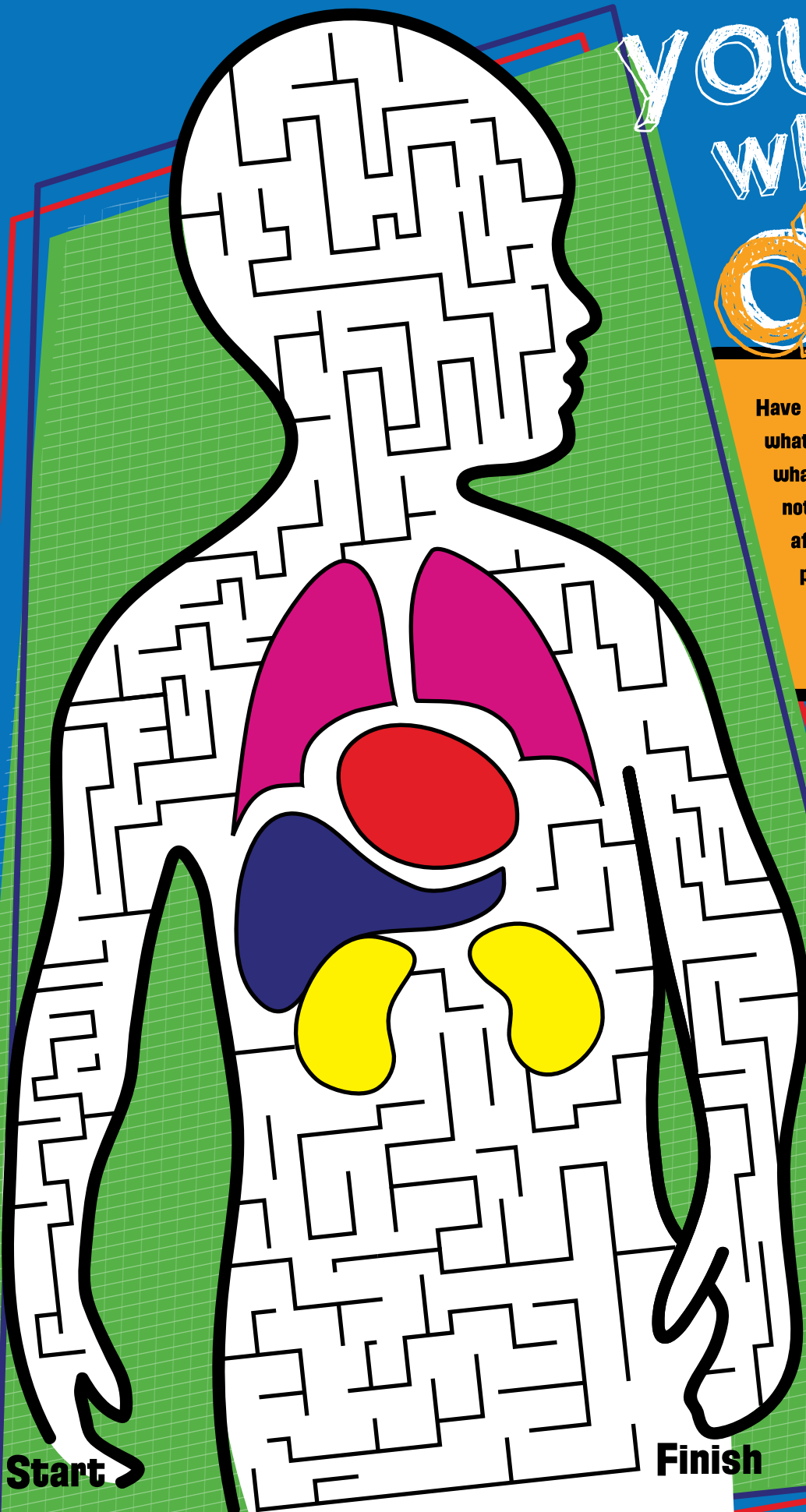
3.



Answer:

# you are what you drink

Have you heard the expression “you are what you eat?” Same goes for “you are what you drink!” Drinking alcohol will not only make you feel bad but it affects your entire body! Alcohol even prevents a kid’s body from growing properly. That’s why it’s important to stay away from alcohol!



Start

Finish

# get the picture

Goldie is finally cleaning her bowl. Help her find all the items that are messing up her fish bowl.



Alcohol can cloud your vision, mind and memory. It will mess up your body, the way you think, and even your personality.

say yes to a healthy body and no to alcohol

# What you'll be missing if you choose alcohol

Find all the things you would be losing or missing out on entirely - if you drink alcohol underage. Words may appear across, down, diagonally, forward or backwards.

GRADES

HEALTH

SPORTS

HONOR ROLL

HIGH SCHOOL

FAMILY

FRIENDS

APPEARANCE

H	I	G	H	S	S	E	D	A	R	G	F	A	M
P	G	R	A	E	E	D	F	R	I	E	N	A	O
A	P	P	E	A	R	A	N	C	E	L	O	U	L
T	P	O	R	T	S	V	I	E	O	E	I	L	S
T	H	F	A	M	I	L	Y	O	I	H	O	O	E
I	E	O	E	R	L	O	H	H	G	R	P	O	C
E	A	E	Y	T	Y	C	A	E	R	O	F	H	N
S	T	R	L	F	S	T	R	O	P	S	F	C	E
Y	H	T	I	H	T	A	N	R	U	T	A	S	R
M	A	D	G	E	E	O	B	O	P	N	L	G	E
I	R	I	F	L	H	E	A	L	T	H	O	L	P
A	H	I	S	E	T	U	O	P	L	G	O	H	P
F	S	D	D	A	R	G	S	R	O	P	S	D	A



# peer pressure

Kids your age sometimes feel it's hard to say no to alcohol. Having a prepared response will allow you an easy out when you are put on the spot. There are lots of creative ways to say no to alcohol. Try to come up with your own way to say no to alcohol.

1. *Sorry, I can't drink until February 30th.*

2. *No way! That's so not me!*

3.

## suggest alternatives

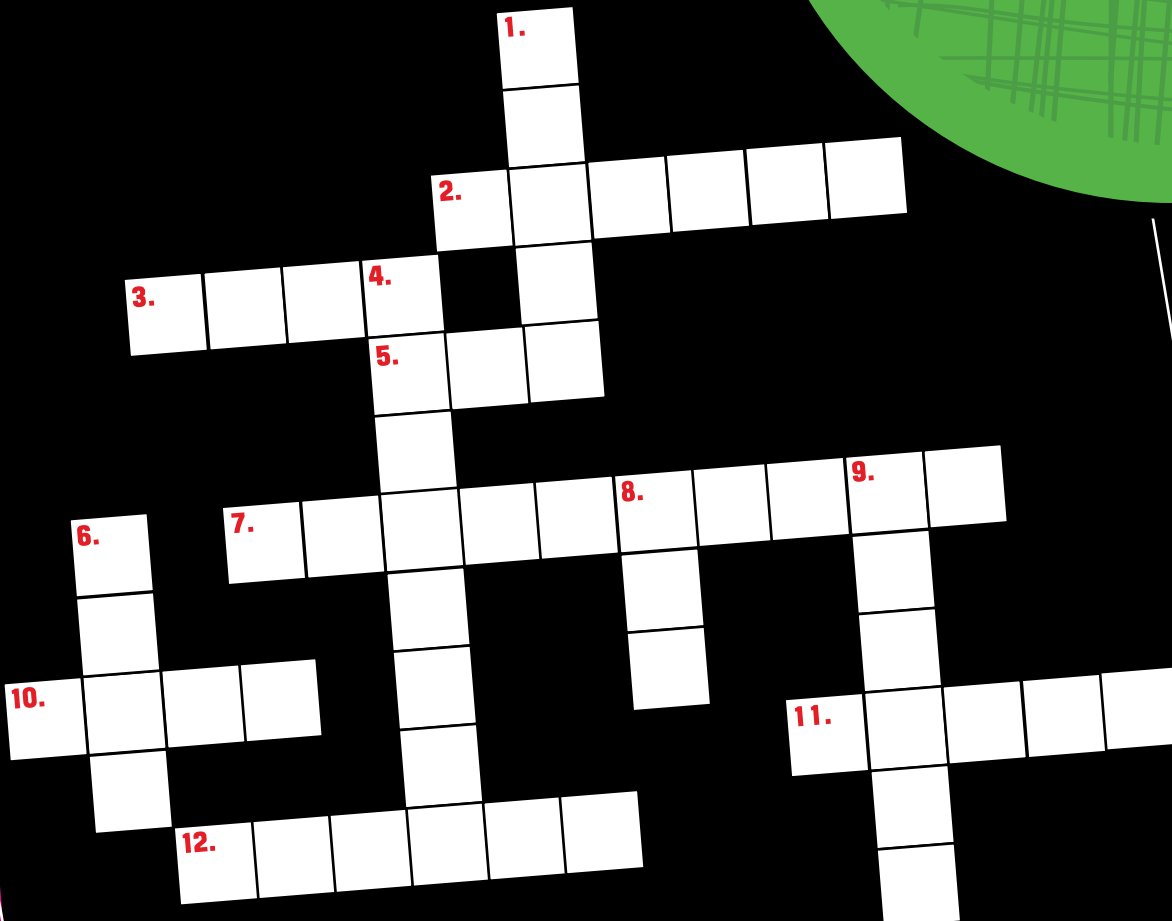
1. *That's all right, you want to go to the mall instead?*

2. *How about we go to my place and watch a movie?*

3.



# crossword



## down

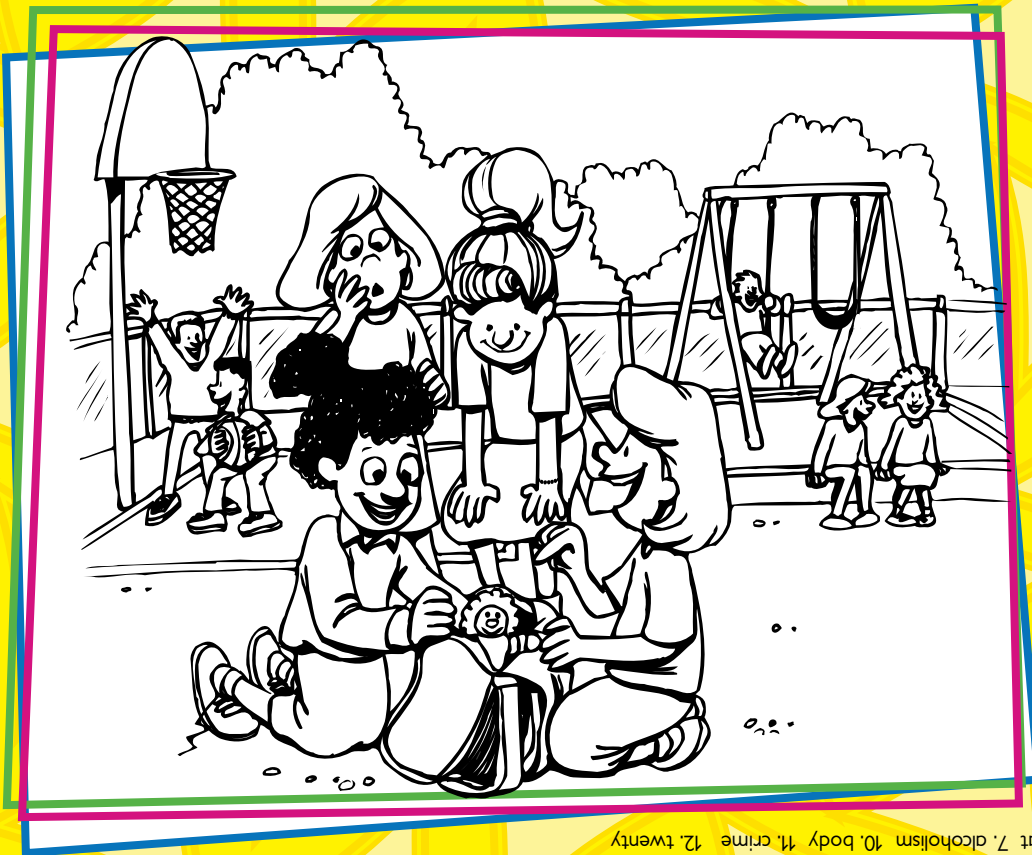
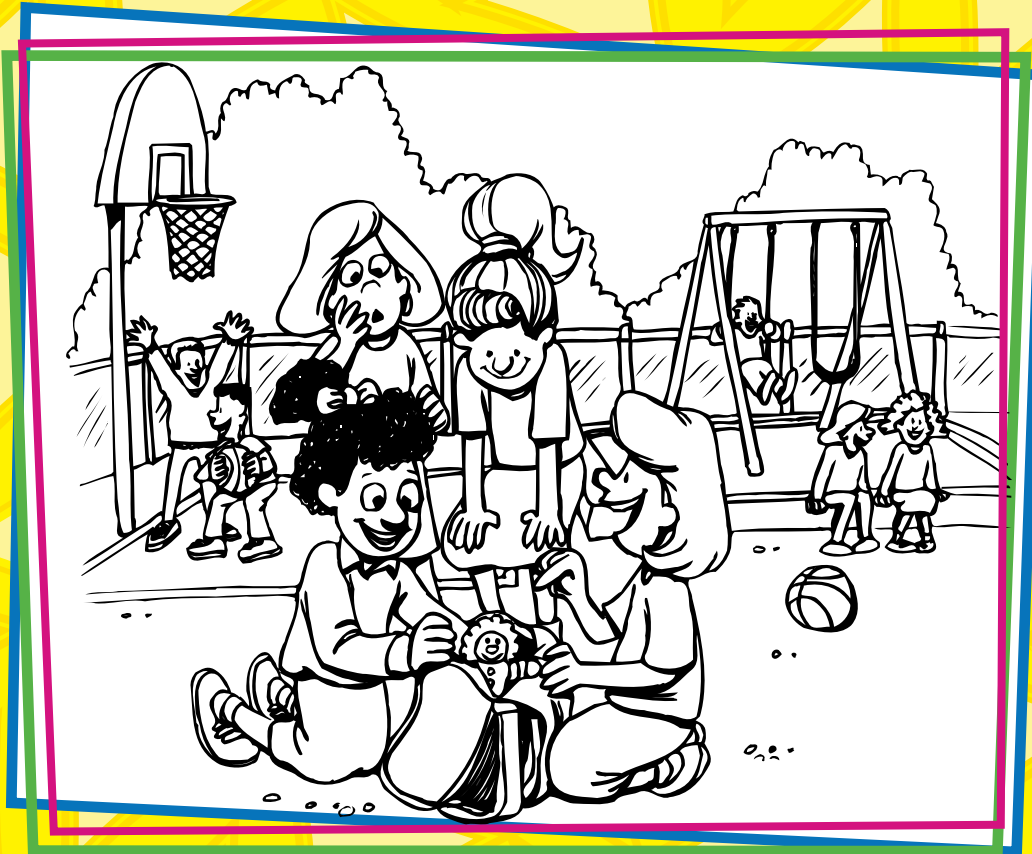
1. If you don't understand something about alcohol, ask a(an) \_\_\_\_\_.
4. Alcohol can slow your \_\_\_\_\_ time.
6. Deciding not to drink is a \_\_\_\_\_ choice.
8. How many drinks are too many if you're underage? \_\_\_\_\_.
9. Alcohol will not help you do better at any \_\_\_\_\_.

## across

2. Alcohol can have a negative effect on your \_\_\_\_\_.
3. If friends ask you to drink, that is called \_\_\_\_\_ pressure.
5. You are what you \_\_\_\_\_, but you are what you drink, too.
7. Heavy use of alcohol can lead to \_\_\_\_\_.
10. Abuse of alcohol is a major threat to your \_\_\_\_\_.
11. Drinking alcohol underage is a \_\_\_\_\_.
12. It is illegal to drink alcohol until age \_\_\_\_\_ - one.

# spot the difference

Can you find all 7 differences?



ANSWERS TO CROSSWORD  
DOWN: 1. adult 4. eat 6. good 8. one 9. sports  
ACROSS: 2. future 3. peer 5. eat 7. alcoholism 10. body 11. crime 12. twenty

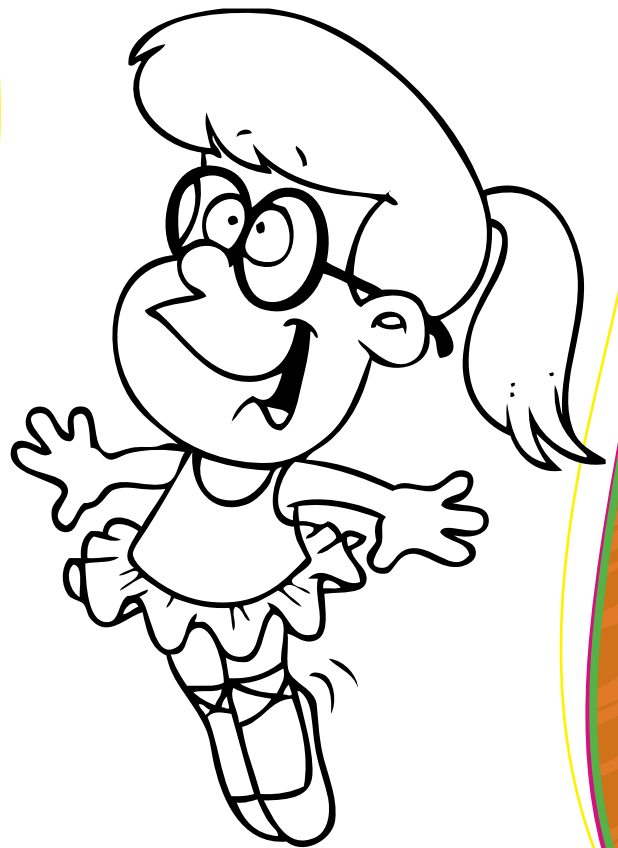


# connect the dots



# i have better things to do

Drinking alcohol will take away from the things you love doing. Color your favorite activities!





**Draw your own!**

**Draw your own!**



Illustration by: Simeon Nelson

[www.nd.gov/dhs/prevention](http://www.nd.gov/dhs/prevention)

